



# Recipes

## Soup

### **Creamy Vegan Asparagus Soup**

*Prep and Cook Time: 45 minutes*

*Serves: 4-6*

**Ingredients:**

- 1 lb organic asparagus, washed
- 2 large onions, chopped
- 1 tablespoon extra virgin organic olive oil
- 3 cups chicken broth- made with the bones
- 2 teaspoons minced garlic
- 1 teaspoon fresh grated ginger
- ¼ teaspoon dried rosemary
- 1 ½ cups unsweetened coconut milk
- 1/4 cup raw pumpkin seeds
- sea salt & pepper to taste

**Directions:**

1. In a soup pot, simmer onions, garlic, and ginger in olive oil until onions are soft, stirring often.
2. Add broth and bring to a boil.
3. Remove stems from asparagus and reserve.
4. Cut spears into 1-inch pieces.
5. Add asparagus pieces and rosemary to broth, reduce heat, and simmer for 30 minutes.
6. Remove from heat and add to blender. Puree until smooth.
7. Add 1 1/2 cups of unsweetened coconut.
8. Stir in reserved asparagus tips, season with salt and pepper, and cook for 1-2 minutes.
9. Server topped with raw pumpkin seeds.